Disclosure of Potential Conflict of Interest

- I do not anticipate discussing the unapproved/investigative use of a commercial product/device during this lecture.
- I do not have a financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of this presentation.

Why Is This Important?

- A ubiquitous behavior with “normal” aspects
- When persistent or destructive it becomes pathological
- Clinical Implications

Modes of Prevarication

- Attribution
- Addition
- Exaggeration
- Recombination
- Pure fiction
Modes where even the liar is amongst those deceived

- Fantasy
- Rationalization
- Disavowal
- Repression
- Denial

Classification

- Moral
  - White or altruistic lies vs. aggressive or defensive lies

- Basis of Pathology
  - Normal vs. abnormal or pathological

How do we lie?

- Developmental
- Biological
- Social
Developmental Factors

- Woolfe stated that children can not lie before the age of 4 because they do not know the truth
- Anna Freud suggested two different forms of childhood lies:
  - Fantasy liars
  - Delinquent liars

Developmental Factors

- Is lying essential to normal development?
- Some authors consider it an attempt to establish a distinct and individual identity
- Kohut – development of self regulation
- Reactivation in adolescence

Biological Factors

- Developmental
- Biological
- Social

- Cognitive dysfunction – seizures, abnormal EEGs, head injuries
- Confabulation - a model for understanding
- Structural abnormalities
Social Factors

- Child-rearing styles
- The truthful or lying milieu
- Traumatic experiences

Why do we lie?

- Autonomy
- Power or aggression
- Repression or denial
- Wish fulfillment or regulation of self-esteem

Why do patient's lie?

- Painful or embarrassing information
- Didn't know it was important; denial
- My provider will judge me
- My provider will report me
- Trust and rapport with the provider
- Lying as coping mechanism
- It just takes time
- Wanting to maintain a positive self-image
- Transference and counter-transference issues
- Fear
Clinical implications
- Insightful
- Treatment issues
- Transference
- Counter-transference

Lying and Personality Disorders
- Antisocial PD
- Histrionic PD
- Narcissistic PD
- Borderline PD

Abnormal prevarication
- Pathological lying
- Pseudologia fantastica
- Malingering
- Factitious disorder
- Confabulation

Pathological Lying (Mythomania)
- While ordinary lies are goal-directed and are told to obtain external benefit or to avoid punishment, pathological lies often appear purposeless.
- In some cases, they might be self-incriminating or damaging, which makes the behavior even more incomprehensible.
Increased Prefrontal White Matter

- Y. Yang, et al. (2007)
- Structural MRI imaging to examine white matter volume in four prefrontal subregions
  - Orbifrontal (ventral)
  - Inferior frontal (ventrolateral)
  - Middle frontal ( dorsolateral)
  - Superior frontal (lateral dorso lateral)
- 12 pathological cases, 14 antisocial controls, and 25 normal controls
- 23-38% increase in orbital frontal, middle frontal and inferior frontal regions compared to both controls

So what?

- Prior MRI studies have associated the ventral and lateral prefrontal regions with executive functions which are crucial to deception such as decision-making, moral reasoning, rule formulation/retrieval and response inhibition
- The superior frontal region is more associated with functions less directly linked to deception such as spatial information processing, attention, reorientation and novelty detection

Increased Prefrontal White Matter

- A. Innate/Predisposition
  - A pre-existing structural abnormality may predispose individuals to patho logical lying
- B. Acquired - "Pinocchio's nose hypothesis"
  - Habitual lying over time leads to an increase in this volume

Increased Prefrontal White Matter

- Y. Yang, et al. suggested a prospective longitudinal study to measure white matter volume and the amount of lying from childhood to adulthood
Pathological Lying

- Differential diagnosis
- Personality disorders
- Factitious disorder
- Ganser Syndrome
- Malingering
- Confabulation

Pseudologia Fantastica

- A type of lying in which a person appears to believe in the reality of his or her fantasies and acts on them; associated with Munchausen Syndrome

Treatment of Abnormal Lying

- Psychotherapy
- Pharmacotherapy

Lie Detection

- *Lie To Me* – microexpressions
- Polygraph testing Supreme court says not good enough
Can Lying be a Good Thing?

- We lie to protect ourselves and those we love
- Some believe minor embellishments of the truth can have a positive psychological effect and have the potential to create a positive self-fulfilling prophecy
- Limitations and boundaries are essential to prevent habituation and calamitous consequences

Thank You

Questions?

References available on request